

7-Week Smoking Cessation Program



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Dates: Tuesdays, October 6 – November 17, 2009

Time: 6:00 PM – 7:30 PM

Location: The Westchester Medical Group
210 Westchester Avenue, White Plains, NY 10604
3rd Floor Conference Room

Register: Call 914-681-3101 to register by September 30.

Are you tired of being a slave to a cigarette? Tired of health worries and the COST of smoking? Invest in this program and say goodbye to this unhealthy, destructive and expensive behavior for good. No more excuses, no more failed attempts. And don't worry; we'll make sure you don't substitute food for cigarettes so you won't gain weight. If you are 100% committed to quitting and have an open mind, you **will** achieve success.

Fee: \$140 – (Includes CD and materials.)

Must prepay by October 1.

Your facilitator: *Sara Oppenheim, CHt is the Tobacco Cessation Specialist for Visiting Nurse Services in Westchester. She combines the power of Hypnosis with personal counseling and uses her expertise to help individuals overcome their smoking addiction. Sara facilitates successful smoking cessation programs for a variety of organizations in the tri-state area, and is a frequent speaker and workshop leader for groups and corporations. She has a private practice in Westchester and Manhattan.*



Make this small but important investment in your future

